



#### **FACILITY HOURS**

Monday-Friday 9:00 AM-2:00 PM

Monday-Friday 2:00 PM-9:00 PM

Saturday 9:00 AM-6:00 PM

Sunday

www.loudoun.gov/carver

55 & Better

**Community Center Community Center** 

Closed

Evenings and Weekends Available for Rental-Call 571-258-3400

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www.Loudoun.gov/Carver e-mail:Carver@Loudoun.gov



10:30-1:30, Friday, July 20, 2012

All ages are welcome at this community event! Admission is a donation to Wildlife Ambassadors (see list on page 8). Don't miss their live animal presentation at 11:00. Enjoy other live animal exhibits, barrel train rides, 25 cent popcorn, 50 cent snow cones, and a hot dog lunch (\$4 for those under 55). All sales benefit Carver Center programming. Bring the whole family!

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# **UPCOMING EVENTS**



# **Independence Day Celebration**

10:00 AM-1:15 PM Tuesday, July 3 RecTrac #430604-01 \$3.00



(Ages 55 & up) Start your morning off inside with a cake walk and a sequence of group games designed to loosen you up for the wilder outdoor events that follow. Outdoor activities at 10:45 will include two new water balloon games, a new water relay race, parachute games, horseshoes and the traditional snow-cones and popcorn at no additional charge. At noon, come inside for a great barbeque lunch then at 12:30, sit back and enjoy the rhythms and youthful energy of **Jake and the Burtones**, a local Loudoun band. Don't forget to wear your red, white and blue! *Lunch donation requested*.



# **Monthly Ballroom Dance Socials**

7:00-10:00 PM Friday, July 27 (Lesson 7:00-8:00) \$10 with advance telephone reservation-571-258-3400

Dancing is a wonderful activity that will benefit your mind, body, and soul. It is one of the few truly pleasurable activities that is good for you in every way. You will become more flexible, more agile, and more graceful both on and off the dance floor. You'll burn calories while you're having fun!

### **Debutante Dance**

1:00-3:00 PM Friday, July 27 Free Intergenerational Event Sunday best attire is requested

The National League of Junior Cotillions Loudoun Chapter is partnering with Carver Center to bring you this special intergenerational Tea Dance. Young teaching assistants in the Cotillion program will be decorating the Grand Hall with flowers and linens, and serving beautiful and tasty refreshments from pretty platters. They will converse politely with their guests, then lead them through a series of carefully structured dances. Photo opportunities will abound! This young group visited Carver last year and organized a similar dance that was very much enjoyed by all who attended. Don't miss this lovely summer afternoon event!

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# **CLASSES**

CLASSES BEGINNING THIS MONTH					
Ballroom Dance Socials	All ages	\$10	F	7/27	7:00P-10:00P
Teens Tech Camp	Ages 11-14	\$226	M-F	7/23-7/27	12:00P-4:00P
How to Sell on E-Bay	Ages 16 & up	\$41	Sa	7/7-7/14	10:00A-12:30P
Intro. To Trigonometry	Ages 13 & up	\$121	Sa	7/7-8/11	1:00P-2:30P
Math Review	Ages 11-16	\$121	Sa	7/7-8/11	2:45P-4:15P
Tai Chi (Beg.)	Ages 16 & up	\$81	F	7/13-8/31	6:00P-7:00P
Tai Chi (Int.)	Ages 16 & up	\$81	F	7/13-8/31	7:00P-8:00P
The Core Cure	Ages 16 & up	\$66	Tu	7/17-8/21	7:00P-8:00P

### **JULY TRIVIA QUESTION**

???????????

What organization takes care of injured or orphaned wild animals? ???????????

Call 571-258-3400, come in or send an e-mail to <u>Carver@loudoun.gov</u> with your answer. Correct answer drawn will win a \$10 Gift Certificate to Giant, compliments of the Friends of Carver Advisory Board.

Geraline Johnson was last month's lucky winner!

#### **REACHING OUT**

by Gladys Beavers

Our Carver Advisory Board would like to REACH OUT to Carver Members who are no longer able to attend Carver activities. This includes members who may be ill, in the hospital, in assisted living facilities or who are being cared for at home. If you know someone we could visit, call, send a card to, or contact in some way, please call the Carver Center at 540-258-3400. In 2008, I had surgery, was in rehab, then had a stroke, more hospital time and a nursing home stay, then relocated to the apt. where I am now living. My medical care was good, and brought me to the life I have today. I could not have gone through all of this without the folks at Carver. They visited, sent cards and greetings, called me, brought food, showed much concern for me. They still show that they care. PLEASE LET US KNOW SOMEONE WE CAN REACH OUT TO.

# 55 & BETTER CALENDAR

#### Monday, July 2

10:00-10:45 Monday Morning Moves (paid class)

10:30-11:30 Little Yellow Gift Shop

10:45-11:15 Bring in Something and Tell us About it

11:15-11:50 Volleyball

12:30-2:30 Bowling (\$2.50) in Leesburg\*

12:30-2:30 Water Walking at Ida Lee (\$5.25 at pool)\*

12:45-2:00 Dominoes & Board Games of Choice

12:45-2:00 Farkle

1:00-1:45 Fitness for 55 & Better (see Trixi)

1:00-2:00 Ping Pong

1:00-3:00 Canasta

2:00-3:00 Line Dance

### Tuesday, July 3

9:45-10:45 Ping Pong

10:00-1:15 Independence Day Event \$3

1:15 Carver Center Advisory Board Meeting (Note slightly later time)

7:00-9:00 Handwork

### Wednesday, July 4

Independence Day

Carver Center Closed

## Thursday, July 5

10:15-10:45 Volleyball

10:45-11:55 Bible Study

11:00-11:30 Wii Learning Clinic

11:30-11:55 Balance and Stability

12:30-2:30 One on One Support w/ Kathy Kehoe, Elder Case Manager of the Area Agency on Aging; confidential assistance for aging issues. In the library. Please see the sign-up sheet in the hallway or call Kathy at 703-737-8741 for an appointment.

12:45-2:00 Mental Muscle

1:00-4:00 Bridge Club

4:30-9:00 Game Night

6:00-9:00 Chess Club

### Friday, July 6

10:15-10:45 Wii Learning Clinic

10:30-11:30 Little Yellow Gift Shop

10:45-11:45 Ping Pong

10:45-11:45 Bingo (\$.50/card)

12:30-1:45 Monthly Movie \$1

12:30-2:00 Watercolor Group

12:30-2:00 Trip to Local Grocery Store

1:00-1:45 Fitness for 55 & Better (see Trixi)

#### Monday, July 9

10:00-10:45 Monday Morning Moves (paid class)

10:30-11:30 Little Yellow Gift Shop

10:45-11:15 Bring in Something and Tell us About it

11:15-11:50 Volleyball

12:30-2:30 Bowling(\$2.50)and light shopping in Leesburg\*

12:30-2:30 Water Walking at Ida Lee (\$5.25 at pool)\*

12:45-2:00 Dominoes & Board Games of Choice

12:45-2:00 Farkle

1:00-1:45 Fitness for 55 & Better (see Trixi)

1:00-2:00 Ping Pong

1:00-3:00 Canasta

2:00-3:00 Line Dance

### Tuesday, July 10

9:45-10:45 Ping Pong

10:00-11:30 Hearing Help: Joan Cassidy

10:15-11:15 Tai Chi

11:30-11:55 Balance and Stability

12:45-1:45 Bingo (\$.50/card)

7:00-9:00 Handwork

## Wednesday, July 11

10:00-10:30 Wii Learning Clinic

10:30-11:30 Little Yellow Gift Shop

10:30-11:30 Laugh Yoga / Trip to Thrift Store or Library

10:30-12:00 Creative Writing

11:00-11:30 Clapping Routine

11:00-12:00 Library Outreach Program

12:30-1:30 Excursion with Ken\*

12:30-1:45 Intergenerational Crochet

12:30-2:00 Scrabble and Board Games of Choice

1:00-1:45 Fitness for 55 & Better (see Trixi)

6:00-7:00 Line Dancing (\$3)

### Thursday, July 12

10:00-12:00 Blood Pressure Checks

10:00-12:00 Cholesterol/Glucose Screenings \$20

10:15-10:45 Volleyball

10:45-11:45 Mini Spa

10:45-11:55 Bible Study

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# 55 & BETTER CALENDAR

11:00-11:30 Wii Learning Clinic

11:30-11:55 Balance and Stability

12:45-2:00 Mental Muscle

1:00-4:00 Bridge Club

4:00-8:00 Summer Supper Club to Sweetwater Tavern,

Sterling \$6\*

4:30-9:00 Game Night

6:00-9:00 Chess Club

Friday, July 13

10:15-10:45 Wii Learning Clinic

10:30-11:30 Little Yellow Gift Shop

10:45-11:45 Ping Pong

10:45-11:45 Bingo (\$.50/card)

12:30-2:00 Watercolor Group

12:30-2:00 Trip to Local Grocery Store

1:00-1:45 Fitness for 55 & Better (see Trixi)

Monday, July 16

10:00-10:45 Monday Morning Moves (paid class)

10:30-11:30 Little Yellow Gift Shop

10:45-11:15 Bring in Something and Tell us About it

11:15-11:50 Volleyball

12:30-2:30 Bowling in Leesburg (\$2.50)\*

12:30-2:30 Water Walking at Ida Lee (\$5.25 at pool)\*

12:45-2:00 Dominoes & Board Games of Choice

12:45-2:00 Farkle

1:00-1:45 Fitness for 55 & Better (see Trixi)

1:00-2:00 Ping Pong

1:00-3:00 Canasta

2:00-3:00 Line Dance

Tuesday, July 17

9:45-10:45 Ping Pong

10:15-11:15 Tai Chi

10:30 Book Club

11:30-11:55 Balance and Stability

12:45-1:45 Bingo (\$.50/card)

7:00-9:00 Handwork

Wednesday, July 18

10:00-10:30 Wii Learning Clinic

10:30-11:30 Little Yellow Gift Shop

10:30-11:30 Laugh Yoga

12:30-1:45 Intergenerational Crochet

10:30-12:00 Creative Writing

11:00-11:30 Clapping Routine

11:00-1:30 Lunch Bunch to Jasmine, Leesburg \$2 \*

12:30-2:00 Scrabble and Board Games of Choice

1:00-1:45 Fitness for 55 & Better (see Trixi)

6:00-7:00 Line Dancing (\$3)

Thursday, July 19

10:15-10:45 Volleyball

10:45-11:55 Bible Study

11:00-11:30 Wii Learning Clinic

11:30-11:55 Balance and Stability

12:15 Birthday Party for this month's birthdays

12:30-2:30 One on One Support w/ Kathy Kehoe, Elder Case Manager of the Area Agency on Aging; confidential assistance for aging issues. In the library. Please see the sign-up sheet in the hallway or call Kathy at 703-737-8741 for an appointment.

12:30-2:00 Trip to Local Grocery Store (instead of tomorrow)

12:45-2:00 Mental Muscle

1:00-4:00 Bridge Club

4:30-9:00 Game Night

6:00-9:00 Chess Club

Friday, July 20

10:15-10:45 Wii Learning Clinic

10:30-1:30 Zoo Day (please bring donation for Wildlife Ambassadors—see page 8)

10:45-11:45 Ping Pong

No Bingo Today

1:00-1:45 Fitness for 55 & Better (see Trixi)



Go paperless! Let us know if you wish to receive your newsletter electronically. All listings are subject to change. Please call 571-258-3400 for updates.

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# 55 & BETTER CALENDAR

## Monday, July 23

10:00-10:45 Monday Morning Moves (paid class)

10:30-11:30 Little Yellow Gift Shop

10:45-11:15 Bring in Something and Tell us About it

11:15-11:50 Volleyball

12:30-2:30 Bowling in Leesburg (\$2.50)\*

12:30-2:30 Water Walking at Ida Lee (\$5.25 at pool)\*

12:45-2:00 Dominoes & Board Games of Choice

12:45-2:00 Farkle

1:00-1:45 Fitness for 55 & Better (see Trixi)

1:00-2:00 Ping Pong

1:00-3:00 Canasta

2:00-3:00 Line Dance

#### Tuesday, July 24

9:45-10:45 Ping Pong

10:15-11:15 Tai Chi

11:30-11:55 Balance and Stability

12:45-1:45 Bingo (\$.50/card)

7:00-9:00 Handwork

### Wednesday, July 25

10:00-10:30 Wii Learning Clinic

10:30-11:30 Little Yellow Gift Shop

10:30-11:30 Laugh Yoga / Trip to Thrift Store or Library

12:30-1:45 Intergenerational Crochet

10:30-12:00 Creative Writing

11:00-11:30 Clapping Routine

12:30-1:30 Visit From *Kids That Care* Camp for Games and Ice Cream

12:30-2:00 Scrabble and Board Games of Choice

1:00-1:45 Fitness for 55 & Better (see Trixi)

6:00-7:00 Line Dancing (\$3)

### Thursday, July 26

9:30-12:30 Trip to Loudoun County Fair (Senior Citizen's Day)-Return to Carver for Late Lunch

10:00-12:00 Blood Pressure Checks

10:15-10:45 Volleyball

10:45-11:55 Bible Study

11:00-11:30 Wii Learning Clinic

11:30-11:55 Balance and Stability

12:45-2:00 Mental Muscle

1:00-4:00 Bridge Club

4:30-9:00 Game Night

6:00-9:00 Chess Club

#### Friday, July 27

10:15-10:45 Wii Learning Clinic

10:30-11:30 Little Yellow Gift Shop

10:45-11:45 Ping Pong

10:45-11:45 Bingo (\$.50/card)

12:30-2:00 Watercolor Group

12:30-2:00 Trip to Local Grocery Store

1:00-1:45 Fitness for 55 & Better (see Trixi)

1:00-3:00 Debutante Dance

7:00-10:00 Ballroom Dance Social With Instruction and Nightclub Seating \$10 (if pre-registered)\*

#### Monday, July 30

10:00-10:45 Monday Morning Moves (paid class)

10:30-11:30 Little Yellow Gift Shop

10:45-11:15 Bring in Something and Tell us About it

11:15-11:50 Volleyball

12:30-2:30 Bowling in Leesburg (\$2.50)\*

12:30-2:30 Water Walking at Ida Lee (\$5.25 at pool)\*

12:45-2:00 Dominoes & Board Games of Choice

12:45-2:00 Farkle

1:00-1:45 Fitness for 55 & Better (see Trixi)

1:00-2:00 Ping Pong

1:00-3:00 Canasta

2:00-3:00 Line Dance

## Tuesday, July 31

9:45-10:45 Ping Pong

10:15-11:15 Tai Chi

11:30-11:55 Balance and Stability

12:45-1:45 Bingo (\$.50/card)

7:00-9:00 Handwork





<sup>\*</sup> Minimum participation required . Please call 571-258-3400 to be sure the activity is running on the day you plan to attend.

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# SPECIAL EVENTS SUMMARY



Event descriptions below that are printed in **bold italic** typeface, are open to all adults 18 or older. Those in regular typeface are restricted to adults who are 55 & better.

**Tuesday, July 3** 10:00-1:15 Independence Day Event \$3

1:15 Carver Center Advisory Board Meeting

Friday, July 6 12:30-1:45 Monthly Movie \$1

Tuesday, July 10 10:00-11:30 Hearing Help: Joan Cassidy

Wednesday, July 11 11:00-12:00 Library Outreach Program

12:30-1:30 Excursion with Ken\*

Thursday, July 12 10:00-12:00 Blood Pressure Checks

ALSO Cholesterol/Glucose Screenings \$20

10:45-11:45 Mini Spa

4:00-8:00 Summer Supper Club to Sweetwater

Tavern, Sterling \$6\*

Tuesday, July 17 10:30 Book Club

Wednesday, July 18 11:00-1:30 Lunch Bunch to Jasmine, Leesburg \$2

**Thursday, July 19** 12:15 Birthday Party for this month's birthdays

Friday, July 20 10:30-1:30 Zoo Day (please bring donation for

Wildlife Ambassadors) All ages welcome.

Wednesday, July 25 12:30-1:30 Visit From *Kids That Care* Camp for

Games and Ice Cream

**Thursday, July 26** 9:30-12:30 Trip to Loudoun County Fair (Senior

Citizen's Day)-Return to Carver for Late Lunch

10:00-12:00 Blood Pressure Checks

Friday, July 27 1:00-3:00 Debutante Dance

7:00-10:00 Ballroom Dance Social \$10 (if pre-

registered)\*

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# FOR YOUR INFORMATION

# Wildlife Wish List, From Wildlife Ambassadors

(Please bring one item for the Zoo Day event on July 20) Because this organization is a 501c3, all donations are tax-deductible.

Thank you for your willingness to help our ambassadors. All of our 40 plus animals reside with us permanently. Most of the animals are displaced exotics that were too much for their owners or injured/orphaned wildlife that cannot safely be released back into the wild. We rely heavily on donations to keep them all fed, warm and happy. The animals thank you.

**Bedding:** Carefresh bedding (please no cedar or pine as it is unhealthy for the animals)

Dog food: Buffalo Blue Wilderness dog food

Cat food: Purina One

**Produce:** sweet potatoes, carrots, apples, bananas, grapes, frozen mixed veggies, collard

greens, turnip greens, boxes of raisins

Rabbit pellets, Timothy Hay, chinchilla diet, ferret food and monkey chow biscuits - we typically buy Mazuri foods from Loudoun Mill for these animals

Parrot food (Mazuri, Rowdybush, or Zupreem brand pellets for the parrots) and treats (raw, not roasted or salted peanuts, brazil nuts, almonds or Lafebers parrot treats), large size parrot toys for Macaws

Toys for ferrets, rabbits, bunnies, cat toys and tunnels for our foxes

Chinchilla dust, heat lights-75 watt, 100 watt, infrared and dayglo and heat lamps for our reptiles

Gift cards to Petco, Petsmart, Costco, Giant or Loudoun Mill

Small plastic animal carriers, terrariums, aquariums



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# **N**EWS



### YOU'RE A GRAND OLD FLAG

You're a high flying flag, and forever in peace may you wave
You're the emblem of the land I love
The home of the free and the brave
Every heart beats true 'neath the red, white and blue
Where there's never a boast or brag
Should old acquaintance be forgot, keep your eye on the grand old flag!
Written by George M. Cohan, 1906

Sometimes I think we don't always attach the extreme significance to the American flag that we should—we see it everywhere and I hope that no one ever takes it for granted. Our flag is a symbol not only of the United

States of America but for everything "..for which it stands" (from Pledge of Allegiance). It has always stood for something real and true and right: freedom, democracy, greatness in unity, our military, our people and our ever present hope for a world of peace. Henry Cabot Lodge, in 1915 put it aptly: "The flag stands for all that we hold dear—Freedom, Democracy, Government of the People, by the People and for the People". As we celebrate the Independence Day Holiday, let us keep in mind that any place one sees the Stars and Strips, anywhere in the world, one knows that it represents a haven, safe from persecution, a clear path to human dignity and protection. The US Flag Codes states "No disrespect should be shown to the flag of the United States of America" and as long as it waves honorably, the American people will retain the respect of the world and be known always as the great land of freedom and opportunity.

On a further note, I just wanted to say something about last months item on Fathers—in the beginning I gave a description of mothers and fathers as it "used to be", but as I got to thinking—that was my world, which had it not been for the generosity and love of my parents could have been very different. I was given up for adoption at birth, they took me and gave me that "Dick and Jane" life. With the onset of Independence Day, I started thinking of all of the people that built this County, who fought for this Country, who gave their blood, sweat and tears for this County so I could live in that world and they didn't all wear suits or stay home and take care of the children. The lumbermen, steel workers, railroad and road builders, farmers and field hands, carpenters, laborers, tradesmen. Ladies who had a house and children of their own, but between taking care of their own families, early in the morning and late at night, took care of someone else's family and raised other people's children. Men who would get up before dawn to deliver ice, milk, bread, walk the streets with carts to sharpen household knives or drag heavy cases to sell household products; young boys who went to work way too early in their lives, often giving up opportunities for education to put food on the family table, and girls who had to take care of the little ones because Mama had to work such long hours. Native Americans who honored what the land offered, pioneers and frontiersmen, slaves and indentured servants who blazed trails that broke the ground for our Country to grow, immigrants who brought cultures and diversity to our shores and those who fought to keep it our own. We can stand as a proud people because it was hard fought; we stand for equality, ingenuity, diversity and our innate ability to change and grow always toward what is right, fair and just for all people. "'Tis the star-spangled banner! Oh long may it wave, o'er the land of the free and the home of the brave!" (From National Anthem)

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# **N**EWS



# **BUZZ AROUND TOWN**

Police Issue Summer Scams Warning Excerpt printed from the Washington Examiner

Summer brings with it an array of seasonal pests, and along with mosquitoes, gnats and jellyfish, local police are warning homeowners to avoid scammers pitching fraudulent home-improvement schemes.

Scams involving outside home-improvement work tend to be more common when the weather is warmer, officials said, and such scammers may zero in on the region because of its wealth and sizable elderly population.

#### Don't be a victim! To avoid falling prey to home-improvement scammers:

- Don't pay for services upfront and in cash
- Be wary of door-to-door solicitors
- Do business only with companies you trust
- Get a contract and read it carefully before you sign it
- Get referrals for work

Scammers, who are typically unlicensed and tend to target the elderly, likely will knock on victims' doors and offer services such as trimming trees, pouring asphalt on driveways or fixing roofs, officials said. Many will insist on being paid upfront and then they might never do the work or only partially perform the job. Others will perform services but overcharge or charge more than they initially quoted.

# **Mark Humphrey Retiring!**

Anyone who has ever been on a senior trip knows Mark. His dedication to the PRCS Senior Trip Program has provided many miles and destinations of pure delight. Everyone is invited to his retirement party to be held at the Senior Center at Cascades on Monday, July 30th from 3 to 5 PM. The event will have a "Roast" theme so if you have a story to tell, you are welcome to do so. Any photos you would like to share, please forward to <a href="mailto:erik.onate@loudoun.gov">erik.onate@loudoun.gov</a>.

Mark happened to be in Carver the other day and was talking about his retirement—can you guess what the first thing is that he plans to do? You got it—TRAVEL!! We will miss you Mark, hopefully you will stick your hand in now and then as a volunteer. You brought excellence to the positions of Assistant Manager at Cascades as well as Senior Trip Coordinator and it has to be attributed to your pure love of the job and passion for life. From all of us at Carver, Seniors and Staff—our sincere congratulations and very best wishes for the road ahead.

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# **N**EWS



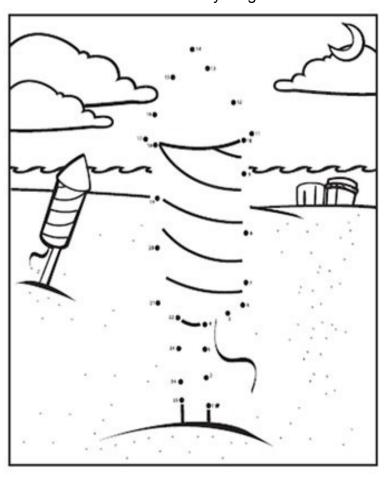






# Connect the Dots

From: familyfun.go.com





# **Fireworks Safety**

- Always have an adult present
- Use fireworks outdoors only
- Never use near dry grass or other flammable materials
- Keep a safe distance
- Never point or throw fireworks at another person
- Have a bucket of water and hose handy
- Never try to re-light or "fix" fireworks
- Do not wear loose fitting clothing
- Never carry fireworks in your pockets
- Use only State Fire Marshal approved fireworks
- ALWAYS READ DIRECTIONS
- FIREWORKS ARE NOT TOYS!
   Www.fire.ca.gov

## **FUN FACTS**

- The U.S. Flag was adopted on June 14,1777 and is the 4th oldest national flag in the world
- June 14th is "Flag Day"
- Benjamin Franklin, John Adams and Thomas Jefferson all served on a

committee that selected the eagle as America's national bird. Benjamin Franklin wanted the turkey to be our national bird but was out-voted.

It is against the law to shoot or harm an eagle



CARVER CENTER ADVISORY BOARD 200 WILLIE PALMER WAY PURCELLVILLE VA 20132 Return Service Requested NON-PROFIT ORG US POSTAGE PAID PURCELLVILLE, VA PERMIT NO. 15



### **CARVER CENTER ADVISORY BOARD**

Welcome to our new board!

President: Myrtle Mahowold
Vice President: Ruby Pierce
Treasurer: Lynette Harvey
Secretary: Brenda Goolsby

The Little Yellow Gift Shop

Next meeting is Tuesday, July 3 at 1:15

Hats off to Lynette Harvey for a great job with the Gift Cabinet. We also have a name now: The Little Yellow Gift Shop. The gross income was \$468.00 for May! Thanks to all who purchased from the Gift Cabinet. All proceeds go to the Advisory Board. The hours are Monday, Wednesday and Friday, from 10:30-11:30.

Welcome to new Board Members Frankie McDonald, Garry Smith and Doris Stoothoff.



The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343/TTY 711) two weeks prior to the start of the activity.